

October 2014

www.CommunityHealthClinic.org

Community Health Clinic Announces the Opening of a New Satellite Medical Clinic

To meet the current and future health care demands of the Vandergrift, Leechburg, Apollo, and surrounding communities, Community Health Clinic announces the opening of a new satellite medical clinic in Vandergrift effective **December 1, 2014**.

Located at 179 Columbia Avenue, Vandergrift, PA, 15690, access to high quality primary care will be the focus of Dr. Guerrero and Lynn Vermeulen, CRNP, currently practicing in our New Kensington Location. Medical Services will include all areas of family medicine for all ages including immunizations, diabetes management and the treatment of high blood pressure, just to name a few. We accept all insurances and have a sliding scale for uninsured and underinsured patients.

Please call 724-567-5671 or 724-335-3334 to schedule your appointment at our new satellite medical clinic today!

Flu Shots Are Available!

Protect your self and enjoy a flu free year.
To schedule your flu shot, please call
724-335-3334.



Observances

- Breast Cancer Awareness Month
- Domestic Violence Month
- Health Literacy Month
- National Dental Hygiene Month
- National Bullying Prevention Month
- SIDS Awareness Month

Community Health Clinic's Dental Support Staff



What better way to celebrate National Dental Hygiene month than to recognize Community Health Clinic's Dental Support Staff? Playing an essential role in the delivery of high quality and affordable dental services, this dynamic team's dedication to guiding each patient through their dental appointments and procedures place them on the front lines of patient care and create the foundation of all services provided throughout our dental clinic. We applaud the skills, knowledge, and hard work of our Dental Support staff they provide daily to our patients, providers, and the community.

Halloween Safety



- ⇒ Hold a flashlight while trick-or-treating to help you see and others see you. Always WALK and don't run from house to house.
- ⇒ Never walk near lit candles or luminaries. Be sure to wear flame-resistant costumes.
- ⇒ Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- ⇒ Never enter the home of someone you do not know and trust
- ⇒ Examine all treats for choking hazards and tampering before eating them. Limit the amount of treats you eat.

Open Enrollment



Begins: November 15, 2014

Open Enrollment for the Health Insurance Market Place begins November 15, 2014. If you are already enrolled in a plan, please remember to mail in your re-enrollment form to your insurance company to continue receiving tax credits. CHIP and Medicaid applications can be submitted any time of the year. Watch next month's newsletter for valuable information regarding the new PA Medicaid expansion called Healthy PA, set to roll out on December 1, 2014. For more information, please contact your Certified Application Counselor at 724-889-2783.



Breast Cancer

Approximately 1 in 8 woman will develop breast cancer during their life time. Early detection through annual screenings and increased awareness is the key to a healthy you. Keep in mind, men can be diagnosed with breast cancer too. Contact your Community Health Clinic Primary Care Provider to learn how to lower your risks in developing this disease. The most common symptom of breast cancer is a new lump or mass. Other possible symptoms of breast cancer include:

- Swelling of all or part of a breast (even if no distinct lump is felt)
- Skin irritation or dimpling
- Breast or nipple pain
- Nipple retraction (turning inward)
- Redness, scaliness, or thickening of the nipple or breast skin
- Nipple discharge (other than breast milk)

Early detection of breast cancer improves the chances that breast cancer can be diagnosed at an early stage and treated successfully.